

SMART JUNIORS 1

The Keys to a Healthy Lifestyle

Lesson 24 Grammar Station (2)



- Can you find the mistake in each sentence below?

🍌 I have to make an exercise plan for me.

💧 He can improve his health by taking care of him.

🍇 You need to take care of you by eating well and exercising regularly.



GRAMMAR LEAD-IN

- Check the corrections. What do we call the highlighted words? When do we use them?

🍌 I have to make an exercise plan for myself.

💧 He can improve his health by taking care of himself.

🍇 You need to take care of yourself by eating well and exercising regularly.



Reflexive Pronouns

Finish the exercise and figure out the rule.

Try First

Fill in the blank with the correct reflexive pronoun.

1. I hurt _____ (my) when I fell off my bike.
2. She bought _____ (her) a new outfit for the party.
3. He was so proud of _____ (him) for completing the marathon.
4. They blamed _____ (them) for the mistake, even though it wasn't their fault.

Rule 1

We use reflexive pronouns when the **subject** and the **object** are the _____ person.



Reflexive Pronouns

Finish the exercise and figure out the rule.

Try First

Fill in the blank with the correct reflexive pronoun.

1. Help _____ to some snacks and
be my guest.
2. Please enjoy _____ in the party.
3. The kids are asked to behave _____
and keep silent.

Rule 2

We use reflexive pronouns with
some special verbs like **help**,
_____ and _____.



By oneself

Pay attention to the expression “by oneself”.

“By oneself” means doing something alone.

We can also say on (one’s) own.

e.g. by (oneself) = on one’s own

- by myself = on my own
- by yourself = on your own
- by himself = on his own
- by themselves = _____
- by ourselves = _____



Have a try.

Complete the sentences then rewrite them using “by oneself.”

1. I prefer to work on this project by _____,
rather than in a group.

2. Sarah achieved success by _____,
without any help from others.

PRACTICE TIME

- Spin the lucky wheel and make a sentence using the reflexive pronoun on the block.

yourself	himself	herself		myself	themselves	herself
★ myself		themselves		😊 3 steps forward		😞 1 step backward
		ourselves		yourself		yourself
		😞 2 steps backward	himself	ourselves		WINNER 🏆



- Look at the camera, do an action **to yourself**, and then describe it (as the example shows).

Example:

Student: I'm **pointing to myself** on the camera.

Teacher: (Student's name) is **pointing to himself/herself** on the camera.

(Swap roles with your teacher and describe what he/she is doing.)

*Other actions: **hug**, **pat**, **smile**, **pinch**, **wink**, etc.*



PRACTICE TIME

- Look at these activities below. Discuss whether you can do it by yourself and explain.



play football



meditate



play cards



play volleyball



act in a show

I think I can _____ by myself because _____

I don't think I can _____ by myself because _____

There be and It's

Use **"There be"** to express that somebody or something exists.

- ✓ **There's** a party in Lily's house.
- ✗ It's a party at Lily's house.

- ✓ **There are** a lot of people on the street.
- ✗ It is a lot of people on the street.

Use **"It's"** to talk about time, weather, and distance.

- ✓ **It's** a sunny day here in my city.
 - ✗ There's a sunny day here in my city.
-
- ✓ **It's** nine o'clock in the morning.
 - ✗ There's nine o'clock in the morning.

 **Have a try.**

Complete each sentence with "there be" or "it's".

- _____ a river behind Tom's house.
- _____ seven o'clock and it's time to get up!
- _____ beautiful girls sitting on the chair.
- _____ one mile from here to my school.
- _____ many students eating at the café.

PRACTICE TIME


- Check this mail from Janice to Sally. Complete it by filling in the blanks with “there be” or “it is”.

● ● _____- □ X

To:	Sally
Subject:	Good News

Hi Sally,
_____ some exciting news that I wanted to share with you! I have been offered a new job at a great company this week, and _____ only about 800 meters from my apartment to the office! _____ super exciting to start this new chapter in my career. _____ still some details to work out, but _____ just a matter of time. _____ 11:00 pm now. I shouldn't talk more. Anyway, I just wanted to share the good news with you. Can't wait to catch up soon!

Yours,
Janice

 Send

- **Fill in the blanks with reflexive pronouns, it's, or there be.**

Taking care of _____ and maintaining a healthy lifestyle is essential for us. When we exercise and eat well, we help _____ stay healthy and strong. _____ a variety of activities you can try, such as yoga, swimming, or hiking. When it comes to nutrition, _____ important to fuel _____ with a balanced diet. Choose food that nourishes the body and provides necessary nutrients.





Reflexive Pronouns (myself, yourself, himself, herself, etc.)

- We use reflexive pronouns when the subject and the object are **the same** person.
- We use reflexive pronouns with some special verbs like **help**, **behave**, and **enjoy**.
- **By (oneself)** means do something alone.
We can also say **on (one's) own**.

There be / It is

- When we want to express that **somebody/something exists**, use the sentence pattern: "**There + be.**"
- When we want to talk about **time**, **weather**, and **distance**, use "**It's**".





WHAT'S

NEXT...

In the next lesson, we're going to learn
a new unit: "Does Appearance Matter?"
See you next time!